



# GUILD NEWS AND HEALTH SYSTEM HAPPENINGS

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JUNE 2009



## The Power of a Positive Attitude

John is the kind of person you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up and asked him, "How do you do it? I don't get it! You can't be a positive person all of the time."

He replied, "Each morning I wake up and say to myself, 'You have two choices today. You can choose to be in a good mood or . . . you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or . . . I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or . . . I can point out the positive side of life. I choose the positive side of life.

"Yeah, right. It's not that easy," I protested.

"Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. The bottom line: It's your choice how you live your life."

Several years later, John was in a serious accident, falling some 60 feet from a communications

*(Continued on page 2)*



## Message from Mr. Arndt

I'm sure you are as glad as I am to see summer officially beginning this month. Like most people, I've spent the last few weeks working in the yard and planting flowers, one of my favorite things to do. I'm also finalizing plans for a trip "home" to Germany to visit family and friends that I haven't seen in a while. This will be a special trip because my granddaughter will be coming with me for her first trip to Europe and I can't wait to show her the sights and introduce her to everyone there. Even though I've been in this country for more than half my life, it is always good to go "home" to my roots. I have to practice my German, though, because they tease me that the way I speak is very "old fashioned!"

We recently were blessed with the opportunity to work with Gideons International, an organization of business people who donate and distribute Bibles for free. You may be familiar with Gideon Bibles in motel and hotel rooms, but members of the organization also distribute Bibles throughout the world and in health care facilities as well. On April 20 representatives distributed Bibles and briefly visited with residents at each facility at The GreenFields. On April 30 they came to our city campus and distributed Bibles at NLHRC and LCH. We try to make sure that individuals have access to worship materials, and having the Gideons provide these Bibles at no cost to anyone who was interested, has certainly been a blessing, especially this year when we have to be even more cost conscious than ever! It was also wonderful to see how impressed they were with our facilities. We heard

*(Continued on page 2)*

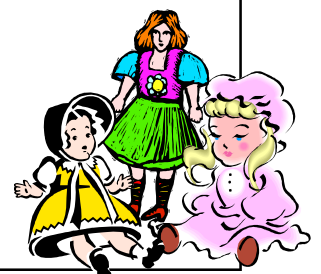
PRESIDENT:  
Florence Doran  
EDITOR:  
Vivian Cosentino  
PRINTING  
Kathi Rickus  
FOLDING:  
Florence and  
Ronald Doran  
CIRCULATION:  
Mary Ann Young  
and Mailing Crew

## Annual Chicken Salad Bar Luncheon & Fund Raiser

THURSDAY, JUNE 18, 2009,  
GreenField Manor—5953 Broadway, Lancaster

- 11:30 pm** Gathering Time with lunch at 12:00 pm
- 1:00 pm** Devotions: The Rev. Deborah Turley, Lord of Life, Depew followed by a short meeting
- 1:45 pm** Program: Childhood Friends ~ A Century of Dolls Presented by Esther Kirdani

RSVP to Florence  
at 836-6803  
by Mon., June 15



## ***F**ootnotes from Florence*

Dear Friends —

Congratulations! The Spring Fling Sale was a great success! Thanks to the hard work of the Board members and the great contributions of our members and friends we exceeded last year's fund raiser by \$200. We had a huge variety of baked goods, craft items, plants (indoor and out) and "collectibles." Thank you, again, to all those who participated. And, of course, our thanks to Linda Zink, our Guild Treasurer, for securing a grant from Thrivent Financial for Lutherans and to Thrivent for their continued financial support. Linda will present a more detailed account at our next meeting.

Thanks, too, to The Rev. Keith Blom from Immanuel Lutheran Church in the City of Tonawanda whose devotion was appropriately based on an Ascension Day message and to the women from Immanuel who baked delicious cupcakes for dessert and for sale in the lobby. The women also joined in making birthday cards for residents of NLHRC. Sixteen women in all helped cut, design, and stamp the cards. They came out beautifully! A special THANK YOU To Carol Iannello for her directions and added supplies.

Our next event is the Annual Salad Bar Luncheon on Thursday, June 18, at GreenField Manor's Richard Seibold Chapel and Auditorium. The theme is "*Childhood Friends ~ A Century of Dolls.*" Our guest speaker is Esther Kirdani, a well-known doll authority in our area. Her collection of dolls and slides is not only interesting, but fun to view. You may even see one of your favorite dolls on the screen.

Also at the June meeting, we will be introducing five dolls that were a gift to the Guild. These dolls will be displayed and available to bid on at a silent auction which will begin that day and run through our next few meetings. The silent auction will end at our November 19 meeting at GreenField Manor and Court when final bids will be accepted and winners announced.

Please remember to make your reservation for the June event by Monday, June 15 (Florence @ 836-6803). The cost of the luncheon is \$3.00. We would appreciate your donation of a salad, fruit tray or deviled eggs. The new chef at the Court and Manor, Mike Bielli, will, of course, prepare lots of chicken salad and surprise us with another summer salad. Besides the great food there will be table and door prizes, plus five or six theme baskets.

The Rev. Debbie Turley from Lord of Life in Depew will lead us in devotions. I can't wait to hear her message. See you in June — and please make your reservation promptly (836-6803)

*God's Peace ~ Florence*

PS: Our best wishes for a speedy recovery to our NLHS Chaplain, The Rev. Allen Griep, who is recovering from knee surgery. After "rehabbing" at GHRC he should be recuperating at home by the time you receive this newsletter.

*Mr. Arndt - (Continued from page 1)*

nothing but compliments about our facilities and the people who care for our residents.

In May it was a privileged to honor four of our dedicated volunteers at the WNYAHSA (WNY Association of Homes & Services for the Aging) dinner — Larry Greene (NLHRC), Barbara Vahue (LCH), Bruce Glebe (NLHRC) and Naomi Kelley (GCM). Please congratulate them when you see them. At the dinner we also honored our employees of the year — Sonya Brown (NLHRC), Heather Keller (LCH), Jodie Hayes (GHRC), and Sharon DeLia (GCM). Niagara Lutheran is blessed to be associated with such dedicated and giving individuals. We couldn't do what we do without all of you!

I want to wish each one of you a most healthy and happy summer! God bless . . . ~ *Jurgen Arndt, President/CEO*

*The Power of a Positive Attitude - (Continued from page 1)*

tower. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back.

I saw him about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins . . . Wanna see my scars?"

I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or . . . I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

He continued, ". . . the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'He's a dead man'. I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity!'. Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

He lived, thanks to the skill of his doctors, but also because of his amazing attitude . . . I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. ~ *Unknown*

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." *Matthew 6:34.*

Check your mail box in early July for your Special July/August Edition of *Guild News & Health System Happenings!*

# 2009 Schedule of Weekly Worship Services with Holy Communion

## NLHRC ~ Sundays at 2:30 p.m. In the Strodel Chapel/Auditorium

6/7 Rev. Edward Fehskens, *Faith, Elma*  
6/14 Rev. Laurie Carson-Nelson, *St John, Akron*  
6/21 Rev. David Menz, *All Saints, Hamburg*  
6/28 Rev. Galen Purpura, *St. John, Depew*

## LCH ~ Sundays at 2:30 p.m. In the Chapel

6/7 Rev. Thomas Mason, *Messiah, Lewiston*  
6/14 Rev. Galen Purpura, *St. John, Depew*  
6/21 Rev. Keith Blom, *Immanuel, Tonawanda*  
6/28 Rev. Thomas Mason, *Messiah, Lewiston*



## GF MANOR/COURT ~ Saturdays at 1:00 p.m. In the Richard Seibold Chapel/Auditorium

and

## GHRC ~ Saturdays at 2:30 p.m. In the Melba Y. Seibold Chapel/Auditorium

6/6 Rev. Dr. John Scarafia, *St. John's, Lancaster*  
6/13 Rev. Thomas Mason, *Messiah, Lewiston*  
6/20 Rev. Michael Blackwell, *St. John, Depew*  
6/27 Rev. Daniel Hoffman, *St. Paul's, Eggertsville*



**Chaplain Services:** If you see a need for emotional and/or spiritual support for a resident, family, or yourself, please contact our Chaplain, The Rev. Allen Griep, at 886-4377 or 692-6380.

## Mother & Father's Day Gifts

Again this year, the Guild is providing money for special Mother and Father's Day gifts for residents at NLHRC and GHRC. Ladies at GHRC received delicious chocolates (appropriate for their nutritional requirements) and at NLHRC ladies received small gifts to make their rooms more home-like for Mother's Day.



## Roman Catholic Masses ~ Holy Communion

NLHRC: Fridays at 11:00 a.m.

LCH: Every other Saturday at 6:00 p.m.  
Rosary and Holy Communion

GHRC: Mondays at 2:30 p.m.

GCM: Thursdays at 3:30 p.m.



Visit the Guild/Volunteer page on our newly revised website  
[www.NiagaraLutheran.org](http://www.NiagaraLutheran.org)

## Thanks For More Than 30 Years of Dedicated Service

**Elsie Swarhout** has been an active member of the Guild for at least 30 years and a member of the executive board for many of them. Elsie has always been faithful in her service to the Guild and the residents at NLRHC. She began volunteering by sewing labels on socks and then helped transport residents to therapy. Her last job was helping in the NLHRC staff dining room, where staff looked forward to seeing her cheerfully cleaning tables and helping behind the counter nearly every day - and really appreciated the fresh coffee she made sure was there all the time.

We wish Elsie well in her new home in Lockport and thank her for her commitment to the Guild's mission of *Caring ~ Heart & Soul* for all the residents and for each other. Elsie says she plans to attend our general meetings whenever she is able. We look forward to seeing her soon!

*Elsie's new address is:* Lockport Presbyterian Home  
305 High Street ~ Lockport, NY 14094



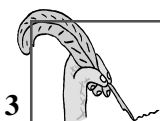
## For Your Calendar

2009

## Guild Meeting Schedule

Meetings are held the 3rd Thursday of the month at 11:30 am (except for our Christmas Luncheon, always the 2nd Thursday in Dec.)

June 18	GF MANOR - Summer Salad Bar Luncheon & Fund Raiser. Program by Esther Kirdani: "Childhood Friends ~ A Century of Dolls" <i>Introduction of our donated Doll Collection</i> <i>Silent Auction</i>
July & Aug.	No Meetings
Sep. 17	LCH - at 12:00 Program "The Fiddlesticks"
Oct. 15	NLHRC - Fall Fun Fair & Making Christmas Cards for residents
Nov. 19	GF MANOR - LAST CHANCE to bid <i>Doll Collection Silent Auction</i>
Dec. 10	Christmas Celebration & Fund Raiser at Zion Lutheran in Clarence



**Legacies for Life** ~ Gifts made by bequest through a will, bequest or insurance policy, play a vital role in our mission of compassionate care. To learn more, contact the Foundation at 886-4377

# VOLUNTEERS

## Special Requests for Volunteers:

- † The **GHRC gift shop** is looking to expand it's pool of substitute volunteers. For more information call Marilyn Thomson at 684-3000
- † The **Outpatient Therapy department at GHRC** needs volunteers to help with copying and filing. Contact Roseanne Johnson at 684-3000, ext. 320
- † Volunteers are needed at NLHRC to help with **Saturday afternoon activities** — especially **BINGO! AND worship on Sunday afternoons** Call Hellen at 886-4377

### NLHRC's Wish List

Contact: *Hellen Culverhouse at 886-4377*

- † POLAROID FILM OR CAMERA (we have one)
- † BABY DOLLS & ACCESSORIES (cribs, strollers, clothes, etc.)
- † PLANTS, PLANT CLIPPINGS, SOIL
- † STUFFED ANIMALS (GENTLY USED)
- † CD/DVD CASES & DVDS OF OLD CLASSICS (60s/70s) Movies or TV Shows
- † SUMMER HATS & SUN TAN LOTION

**NEW:** GROUPS OF INDIVIDUALS to work on a one-time craft project with residents

### GHRC's Wish List

Contact: *Jennifer Pellicane at 684-3000*

- † BIRD SEED & BIRD FEEDERS
- † DECKS OF CARDS (LARGE PRINT IF POSSIBLE)
- † GENTLY USED STUFFED ANIMALS
- † HOLIDAY WINDOW CLINGS

### GFCourt's Wish List

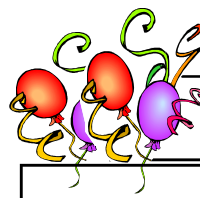
Contact: *Lisa Scaglione at 684-8400*

- † A VOLUNTEER ART INSTRUCTOR
- † BINGO PRIZES (including jewelry and knick knacks)
- † LAUNDERED PANTYHOSE to use as blanket stuffing

### LCH's Wish List

Contact: *Joan Griffin at 882-1231*

- † BINGO PRIZES
- † LAUNDERED PANTYHOSE
- † Help with our RSVP program on Thursdays, from 1:30 - 2:30 p.m.



## Residents' Birthdays

### NLHRC

6/1 Ethel Sykes  
 6/2 Shirley Hopper  
 6/6 Mattie Richardson  
 6/13 Electa Courton  
 6/15 Delilah King  
 6/15 Viola Fadel  
 6/15 Thelma McCloud  
 6/21 Norline Jones  
 6/22 Evelyn Deitrick  
 6/22 Birdoff Baity  
 6/24 Helen Nowak  
 6/24 Elaine Bellinger  
 6/25 Thelma Anderson

### GHRC

6/1 Marion Pollack  
 6/8 Elizabeth Tanke  
 6/11 Monica Herrlich  
 6/15 Andronike Georgeades  
 6/23 Henrietta Schlotterbeck  
 6/26 Leona Holynski  
 6/28 Eleanor Garner  
 6/30 Joanne Murphy

### GFCourt

6/2 Emily Renn  
 6/6 RoseMarie Angielczyk  
 6/8 Helen Cursons  
 6/20 Lorraine Mroz  
 6/21 Rita Zoladz  
 6/29 Robert Boettger

### (LCH)

6/9 Ann E. Wolf  
 6/16 Joseph Graham  
 6/20 Hazel Mutton  
 6/21 Jean Cudney



## Special Thanks

To the individual who donated the **Singer Serger sewing machine** to the Guild many years ago. It was recently overhauled and is being put to good use by NLHRC activities assistant, **Marilyn Bradley** who sews many things for the residents there.

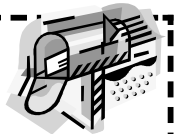
To **Jane Trapp**, who is recovering well from her fall, for agreeing to be our Visitation Chairman for NLHRC.

### Changing Your Address?

Please fill this out, clip and mail to:

NLHS GUILD NEWSLETTER

64 Hager Street — Buffalo, NY 14208



Name \_\_\_\_\_

#### NEW

Address \_\_\_\_\_

City/State/

Zip \_\_\_\_\_

#### OLD

Address \_\_\_\_\_

City/State/

Zip \_\_\_\_\_

DATES: \_\_\_\_\_

DATES ARE IMPORTANT FOR SAVING POSTAGE — THANKS!



**NLHRC & GHRC: VOLUNTEERS ARE NEEDED TO HELP RESIDENTS GET TO AND FROM WORSHIP SERVICES** — from pushing wheelchairs to operating the elevators. Some groups and individuals come once a month or more often and others come when their pastor leads worship. To learn more, call Vivian Cosentino at 886-4377. (*worship schedules are on page 4*)

*MISSION of the  
Niagara Lutheran Health System Guild :*

The NIAGARA LUTHERAN HEALTH SYSTEM GUILD serves the constituents of Niagara Lutheran Home and Rehabilitation Center, The Lutheran Church Home of Buffalo, GreenField Health and Rehabilitation Center, GreenField Manor, GreenField Court and any other social ministries related to the Niagara Lutheran Health System. Guild members promote the interests and programs of the Health System's affiliates as they are able. All volunteers are welcome and encouraged to join the NLHS Guild.

AFFILIATES OF THE NIAGARA LUTHERAN HEALTH SYSTEM



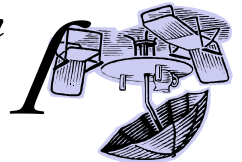
Buffalo

NIAGARA LUTHERAN HOME AND REHABILITATION CENTER  
THE LUTHERAN CHURCH HOME  
NIAGARA LUTHERAN HEALTH FOUNDATION

Lancaster

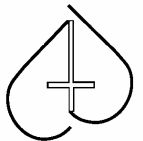
GREENFIELD HEALTH AND REHABILITATION CENTER  
GREENFIELD MANOR  
GREENFIELD COURT

*Happy Summer  
une*



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